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USDA FOODS
IN A CHARITY HOSPITAL



C&MS Presents DONATED FOODS FACTS

By Neill W. Freeman

THE COMMODITY Distribution Program of the U.S. Department of Agriculture's Consumer and Marketing Service is one way of helping people who are too poor to buy all the food they need. Many people who live in poverty remain in poverty because they can't get the nourishment needed for strength and vitality.

The distribution of so-called "surplus" foods is carried out through State and local governments. The foods are shipped to central points within the States, and the central warehousing and further shipment to communities is done by the State distributing agency. The handling, storage and distribution of foods to needy people is done by county and community public agencies. Local public welfare offices decide who is eligible to get donated foods. In general, people getting public assistance are eligible. Also, families not on welfare but with incomes at or be-

low public assistance levels may get donated foods.

This Federal-State-local method of helping less fortunate neighbors is in the American tradition.

Here are some questions and misconceptions about the program, and some answers.

"If you give food to poor people, they won't work."

Many families with a wage-earner working full time are getting donated foods. They just do not earn enough money to live on. Each State sets income limits related to its public welfare standards and, if income for a family is below that limit, it is eligible for the food distribution program.

As for people on welfare, over 85% of them cannot work; they are either too young, too old, or too disabled. Recipients get about \$5 worth of donated foods per person per month. It doesn't seem logical that anyone would turn down gainful

employment for this amount of food, which can at best only supplement food he has to buy to live.

In the long run, people who get food help are more likely to be able to work when opportunity comes than are those who are apathetic from malnutrition.

Also, each undernourished child today is potentially a community liability tomorrow.

"These people wouldn't be needy if they would work for a living like the rest of us."

Often communities just don't have enough work to go around.

In rural areas hand labor is needed only at special times and many jobs are available only seasonally. In urban areas there are many needy people who came in from the farms when they could no longer get jobs. They can't get work in industry because they have no skills.

Donated foods can contribute materially to the well-being of workers'

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Cover Page

For Grady Memorial Hospital, as for other similar institutions, one major problem is the colossal food service operation. See how C&MS helps solve it—page 10.



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agricultural marketing

families while the wage-earner is adjusting to new situations.

"The program costs too much."

It costs a community only 1 to 2 cents per day to give each needy person this donated food help. That 1 to 2 cents covers the cost of storing and distributing the food and the expense of the local welfare agency to certify eligible people.

The community pays nothing for the food. USDA delivers the food free of charge to the State.

"There is a lot of 'red tape' in the program."

The USDA imposes a few simple rules so that the donated food—which has been bought by the taxpayers of the Nation—is not wasted, that stocks and inventories are well managed, and that only those who are eligible get the free food. The same kind of rules governing the proper conduct of private businesses are usually referred to as "effective management."

"Giveaway food hurts local business, especially grocers."

Businessmen, as members of the community, are interested in the well-being of the people just as much as the clergy, officials, and the general public.

Even though donated foods make a fine contribution toward feeding a family, they do not provide a complete diet. Families need to buy meat, cheese, eggs, canned fruits and vegetables, more dry beans and peas, and fresh fruits and vegetables in order to have an adequate diet. Money they do not need to spend for some of the staples they can spend on a chuck roast, or canned mackerel or fresh milk.

An effective nutrition education program by local groups is the key to channeling the family's income into more and better foods.

During 1966, the Commodity Distribution Program in Mississippi was expanded greatly with little apparent effect upon sales in retail grocery stores. In the more than 60 counties, total collection of State sales taxes from grocery stores were comparable to 1965 levels, allowing for changes in food prices.

"Recipients don't like donated foods—they just throw them away."

There have been a few instances of wasted food. In many of these cases people just did not know how to use them. When someone has shown homemakers how to use the new or different foods, there has been little waste.

A policy of all distribution centers, usually emphasized by prominent posters, is to urge recipients to take only foods they want and can use, even though they may be entitled to more.

Many homemakers comment on how good the foods are and how much the program means to them. Some former recipients who have "gotten on their feet" and are no longer eligible, have asked where they

The author is Director, Commodity Distribution Division, C&MS.

could buy some of the foods they first learned to use while getting donated commodities.

"Lots of people who shouldn't be getting donated foods are on the rolls—they come in big cars and taxis to pick up commodities."

Donated foods are given out usually once a month, and average some 20 pounds per person—that's 100 pounds that someone needs to bring home for a family of 5, for example. Some recipients own cars, of course. Most everyone needs transportation. Car ownership is to be expected, especially, among those not on public welfare, who may be temporarily eligible for donated foods because of unemployment, misfortune, sickness, etc.

Here are some of the results of checks by USDA on numerous published and unpublished reports on expensive cars and taxis used by recipients:

- Some cars spotted at distribution centers belonged to employees at work in the building or nearby.

- In some instances, middle and upper-income employers of part-time household workers permitted the employees to use a car to pick up commodities and, in some instances, drove the employees to get the foods.

- In at least one community, a local taxi owner permitted off-duty

drivers to use his cabs to assist friends and relatives get their commodities; in another instance, cab service was provided free during non-rush hours to elderly and disabled recipients.

"There aren't any really needy people in this country."

In every county and city, regardless of how high the "average" income and standard of living may be, poor people in need of food help can be found if one leaves the freeways and turnpikes to look for them.

Westchester County, New York, has long been among the "richest" counties in the Nation; Dallas, Texas, is world-famed for its wealth; Atlanta, Georgia, is the leading city of the Southeast in industrial and cultural progress—yet all of these areas are among the many responsive communities that carry out family food donation programs for their needy residents.



MIDYEAR FISCAL '67 DONATIONS

In the first half of fiscal '67, USDA donated nearly 668 million pounds of food to 3.6 million needy persons in family units, 20 million school children, 1.3 million needy adults and children in charitable institutions, and 1.2 million children at non-profit summer camps. Cost of the food was \$88.9 million.

State and local governments bring this donated food to eligibles. Distributed during July-December '66 were beans, margarine, canned meat, rice, raisins, dried milk, peanut butter, flour, cornmeal, rolled oats, lard and shortening.

"PLEASE PASS THE OLIVES!"

EVER SINCE NOAH'S DOVE returned to the Ark carrying an olive twig, the olive has been one of the traveling-est fruits known to man.

The olive tree is thought to have originated in Syria, and traveled to Greece, Africa, Spain, and throughout the Mediterranean. Olives are mentioned in the Iliad, in the Bible, and in Pliny's history of Rome. A cask of pickled olives was found when the lost city of Pompeii was rediscovered. The olive traveled to America with the Spanish explorers. Credit the Franciscan fathers with its introduction to California.

In the very earliest days, olives were a staple food, used primarily for their oil. An olive press was one of man's earliest food processing inventions.

Today, olives can be bought in any food store and you can buy them green, black, stuffed, pitted, thrown or placed, home cured, halved, sliced, chopped, or in a salad pack.

Some people keep olives around the house as a special treat when guests drop in. Many people use them regularly in family meals or keep them on hand for snacks.

Why is this paragon of pickled product so popular? Once a person learns to appreciate the finer points



of olivetry, he is hooked for life.

THE OLIVE FAMILY

There are basically two types of olives: canned ripe olives, usually black in color, and green olives, stuffed or otherwise. To be edible, all olives must be treated to remove a characteristic bitterness.

Canned ripe olives are prepared from partially-mature olives that have been specially treated to remove the bitterness and cured in a salt brine solution. They are oxidized—to produce a uniform black color—and packed in hermetically sealed containers.

Green ripe olives are similar to canned ripe olives in all respects except they have not been oxidized in the curing process. As a result they range in color from yellow-green to green and are usually spotted, or mottled.

Tree-ripened or "home cured" olives are canned olives made from fully-matured fruit that are not oxidized in processing but have a tan or light bronze color.

Greek-type olives are mature olives that have been salt cured and coated with olive oil.

The category of *green olives* refers to cured olives of a suitable maturity that have been specially treated, cured and allowed to pickle in acid-

The olive began its odyssey in Syria, made history in Greece and Rome, came to America with the Spanish explorers, and had a holy introduction to California. And it's still traveling—around your dinner table, perhaps?

ified brine. Unlike the canned ripe olives, green olives may be packed in jars—either in a neat pattern or randomly placed. Pitted green olives are usually stuffed with pimienta, zucca melon, onion, anchovies, or almonds. Because most of them are imported from Spain, stuffed green olives often are called "Spanish olives."

HOME OF THE OLIVE

California is the home of our domestic olive industry. In 1966 the State produced 58,000 tons, surpassing the previous year's crop by about 8,000 tons. The California crop goes primarily into canned ripe olives.

In an effort to broaden the market and improve consumer acceptance of their product the California olive industry has instituted a Federal marketing agreement and order. Marketing agreements and orders are a means through which farmers can organize for marketing—increase their bargaining strength, fit supplies to demand, and generally work together to solve marketing problems they cannot solve individually.

Producers and handlers of olives approved the marketing order in the summer of 1965. What this means to consumers is that, beginning with the 1966-67 pack, they will have the

assurance that their California ripe olives have been inspected under supervision of USDA's Consumer and Marketing Service on two separate occasions.

Before processing, olives are size graded. The marketing order requires that all size grading of fresh olives for processing be overseen by a Federal-State inspector. Since the difference in diameter between adjacent olive sizes is small, it takes precise measurement and scientific aids to determine the size classifications.

After processing, olives are checked for quality and size by C&MS inspectors against specifications set forth in the marketing order for the processed product.

The quality specifications are based on the U.S. Standards for Grades of Canned Ripe Olives, which detail requirements for color, number of defects, character, style and uniformity of size for each of three grades: U.S. Grade A (or U.S. Fancy), U.S. Grade B (or U.S. Choice), and U.S. Grade C (or U.S. Standard). If olives do not meet the minimum Grade C requirements, they cannot be sold under the terms of the marketing order.

WHAT'S IN A NAME

California is the cradle of the motion picture industry as well as the domestic olive capital. Some cynics, noting the contemporary aspects of the development of the size names

of olives, have been known to speculate, "Did the movie industry borrow from the olive industry the descriptive terms 'mammoth,' 'jumbo,' and 'super colossal,' or was it the other way around?"

The size names for olives were defined in a California State code before the first U.S. olive standards were developed. The sizes are determined by the approximate number of olives in a pound. The U.S. Standards, incorporating the size requirements and illustrations of the California code, say it takes about 135 "Small or Select or Standard" olives to make a pound, while it takes 28 or fewer "Special Super Colossal" canned ripe olives to make a pound.

LABEL TELLS ALL

Labeling of canned ripe olives is a big help to shoppers. The same California Code that puts forth the size names of canned ripe olives also requires that labels carry an outline picture the same size as the olives in the can, along with a statement telling how many olives of that size are packed in the can.

Federal Food and Drug regulations require additional information on the label, such as listing of any added spices and garnishes, the manufacturer's name and address, and a statement of net weight. Consumers can shop with ease when they buy canned ripe olives.

What about stuffed green olives? Practically all of these are imported

since in this country the necessary hand-stuffing is too costly. In 1965, the U.S. imported about 37,000 tons of olives from Spain, Greece and other areas. More recent figures indicate an even greater volume of imports.

Imported olives are shipped to this country in large barrels and then are repacked in jars and other containers. They are subject to the same Federal Food and Drug labeling and wholesomeness regulations that apply to domestic olives. In addition, any olives imported into this country for repacking may be checked for quality, at the option of the repacker, by C&MS inspection personnel.

Consumers can buy green olives in two types of pack: placed—arranged in a pattern—and thrown—randomly placed. Size categories similar to those for canned ripe olives apply to green olives.

Sizes of green olives most commonly available in the markets range from about 50 per pound to 135 per pound.

As with canned ripe olives, quality of green olives is judged according to U.S. standards. Ever on the alert to keep the standards up to date, C&MS revised the U.S. Standards for Grades of Green Olives this past January.

You have to be ready for action when you're dealing with the globe-trotting olive.

Olives (both canned ripe and green ones), are fine companions for hamburgers or other dinner or snack-time favorites.



NUTRITION UP, COSTS DOWN

Costs for buying chickens and turkeys for school lunches are less than they were before.

By Richard C. Larkin

THE POULTRY DIVISION of the U.S. Department of Agriculture's Consumer and Marketing Service reports that costs for purchasing chickens and turkeys for school lunches are less than ever before. In cold hard facts—or, you might say, in hot nutritious lunches—this means more servings per child for the same amount of money spent.

During the current school year, USDA purchased nearly 13 million pounds of turkeys and 54 million pounds of cut-up chickens.

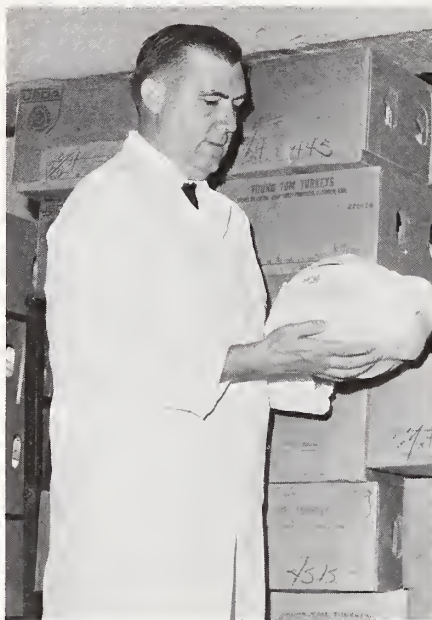
How is the Government's dollar being stretched at a time when food costs continue to rise?

In 1965 USDA started purchasing chickens for school lunches on a *destination basis* instead of *f.o.b. plant*. Under this new procedure, the bidder's offer price includes the cost of the product and transportation costs to the point-of-delivery. Prior to 1965, USDA made chicken purchases *f.o.b. plant*. This meant that the Government paid the contractor (poultry firm) a certain amount for his product at the shipping point and an additional amount to get the product shipped to the point-of-delivery.

One of the major reasons behind the economy of this newer purchase method—which in 1966 was put into use for turkey purchases, too—is that truck shipments of frozen poultry are exempt from the tariff regulations of the Interstate Commerce Commission. As a result, truck transportation charges are bid competitively, resulting in savings to the Government—but no loss to the poultry industry. The bulk of chickens and turkeys bought are shipped by truck.

Like the careful housewife, USDA shops around for the best price on chickens and turkeys. Before a single purchase is made, several precise procedures must be followed. Basically, purchases are made in this way:

- USDA notifies the industry, through press release and formal



A C&MS poultry grader checks frozen turkeys for school lunches for damage and possible thawing during transport.

announcements, of its intent to buy chickens or turkeys and invites the industry to formally submit bids. Detailed specifications are mailed to the trade. Only chickens and turkeys that have been inspected for wholesomeness and graded for quality by USDA will be distributed for school lunch programs. This requirement

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helps assure uniformity of product across the country. In addition, all bidders must agree to have their product re-examined at the point-of-delivery by USDA graders.

- Bids are formally received by telegram or in sealed envelopes, by a specified time announced in advance. After the deadline for receipt of bids, USDA carefully evaluates all of the prices offered and selects the winning contractors. Offers, in essence, are evaluated on the basis of the commercial market price as well as the quantities needed by USDA at locations announced in advance.

In addition, USDA takes into consideration offers of cash discounts for prompt payment.

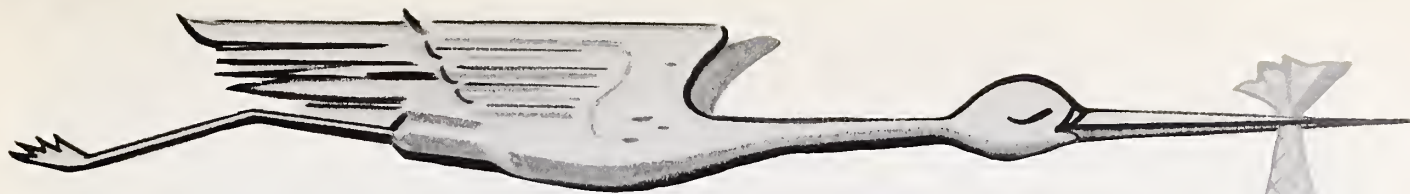
- Acceptances of offers are made by a specified time, also announced in advance. Announcement of successful bidders is made by press release and word is relayed to USDA market news offices through its leased wire system. In addition, winners are notified by telegram.

Chicken purchases during the current school year were made with funds provided under Section 6 of the National School Lunch Act. Under this Act, Congress authorizes funds to help participating schools provide a nutritious, well balanced Type A lunch for approximately 19 million children participating in the National School Lunch Program. (Type A lunches are designed to provide $\frac{1}{3}$ of a child's daily food needs).

Turkey purchases, on the other hand, were made with funds provided under Section 32 of Public Law 320-84, which authorizes the purchase of various commodities as a surplus removal activity for distribution to schools, needy families, and to institutions. In the case of turkeys this year, distribution was made only to schools.

USDA's chicken and turkey purchase programs have proved highly popular with the schools. Children have enjoyed their chicken and turkey lunches so much, in fact, that the schools have been spurred into making large purchases of chickens and turkeys on their own. And this result is one that is part of the purpose of purchase programs—that is, long range as well as short range market expansion.





HOW IS A MARKETING ORDER BORN?

By Paul A. Nicholson

A COOPERATIVE SPIRIT—unity of purpose—lots of hard work.

These are what it takes to create a Federal marketing agreement and order program. Just ask any grower or handler who's had an active part in putting together such a program for fruits, vegetables, or related crops like nuts, dates, and hops.

Many industries now enjoying a favorable marketing climate attribute it largely to their willingness to work together in solving mutual problems. Through marketing order programs, they can do exactly that—join together and wage an attack on specific marketing problems that are reducing their income.

An industry goes through a number of basic steps to create an order. Each step is important to ensure that the program is built on solid bedrock and that everyone's interest is protected.

- A group of growers and handlers desiring to explore an order should first define its industry's marketing problems. Are they plagued with low quality . . . too much volume . . . or a poor-appearing pack? After identifying and analyzing their problems, they can proceed to determine how a marketing order might help.

- Next step is to prepare a brief outline of a possible order. This should include the production area to be covered, a brief description of the grower-handler committee that will administer the program, and the order's provisions—such as limitations on the quality or quantity of the commodity that can be marketed, or authority for projects that expand markets or promote consumption. In drawing up this proposal, the group may wish to contact a Fruit and Vegetable Division specialist in the U.S. Department of Agriculture's Consumer and Marketing Service. These specialists, fielded

in various parts of the United States, know marketing orders "from A to Z" and are happy to meet with groups to provide guidance and to assist them in making certain the program is within bounds of the law.

- A proposed marketing order needs solid support within the industry. Here's where education comes in! Many groups have called on Extension Service personnel to help in arranging educational meetings of growers and handlers. In the meetings, the order should be discussed along general lines set forth in the outline. Then, if a large group of the industry feels the program would be workable and beneficial, a complete draft of a proposed program can be prepared. The group should have good reasons for each feature included in the program.

- Once drafted, the proposal is sent to USDA, with a request for a public hearing. C&MS specialists will send copies of the notice of hearing, along with the proposal, to all known growers and handlers of the commodity in the area to be covered. All those interested—growers, shippers, and consumers—may attend the hearing and voice their views for or against the proposal. After the hearing, a time period is set to file written comments.

- USDA will study the hearing record and briefs filed, then issue a recommended decision. If a program appears justified, this decision outlines the issues brought up at the hearing and contains the complete order as it's recommended. Anyone may file exceptions to it.

- After USDA analyzes the exceptions, a final decision is issued. If the Secretary of Agriculture concludes that a marketing order would be in the industry's and the public's interests, the terms of the program are spelled out in detail. Growers then vote on it.

- An order can be issued only if it's favored by at least two-thirds of the growers voting in a referendum or by growers accounting for two-thirds of the crop volume represented in the referendum. A marketing agreement, with the same provisions as the order, is sent to handlers for their approval. The agreement binds only those handlers who sign it. However, when it is issued with the identical order, the program provisions apply equally to *all* handlers in the industry covered.

- Local growers nominate the grower members and local handlers nominate the handler members to serve on the committee which will administer the order. Care needs to be taken in selecting these members, because the success of an order may well depend on their ability to understand the local problems and to recommend action that gets right at the problem causes. USDA appoints the members to serve for a specified term. Main job of the committee is to recommend to USDA the specific regulations that should be issued in each marketing season.

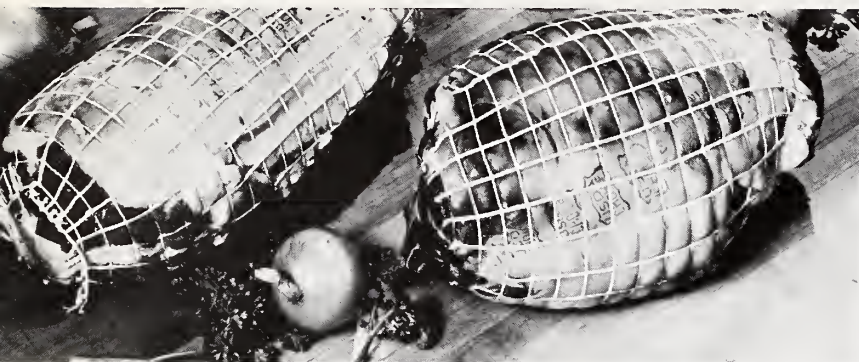
Operating the 47 Federal marketing agreement and order programs in effect today for 30 different fruit, vegetable, and specialty crops requires the same cooperative spirit, unity of purpose, and hard work on the part of each industry that it took to develop the programs.

There's another requirement, too. When in operation, marketing orders often need to be amended, to keep them properly attuned to constantly changing marketing conditions. So *flexibility* on the part of those who have a role in operating these programs is vital.

The author is Deputy Director of the Fruit and Vegetable Division, Consumer and Marketing Service, USDA.

Homemakers, here is

THE WONDERFUL WORLD OF LAMB



Boneless lamb shoulder roast and boneless leg of lamb in elastic netting.

Top your lamb crown roast with olives.

Lamb chops wrapped

Exploring lamb cookery means finding quick, delicious meals that can be easy on the

HAVE YOU DISCOVERED the wonderful world of lamb—those tempting chops, succulent steaks and tender-juicy roasts? How about the many delicious money-saving dishes made with shoulder roasts, chops, stew meat, neck slices, lamb breasts, riblets, shanks, and ground lamb?

Learning to cook lamb is a skill that many homemakers have overlooked. It has taken such foreign favorites as shish kebabs, curries or Greek braised lamb to tempt them to try their hand. And yet, to explore lamb cookery means many quick, delicious meals that can be easy on the budget, too.

Lamb is not only leg and chops, but that's what most homemakers are acquainted with, according to a U.S. Department of Agriculture study.

All lamb cuts, with the possible exception of the shank, are tender and can be quickly prepared by dry-heat methods such as broiling and roasting.

They can also be cooked by the longer moist-heat methods of braising, stewing and simmering, which requires little watching and frees your oven. An additional advantage of moist-heat cooked-lamb dishes is that they can be held for late company and still be at the peak of goodness.

And to make sure the lamb you

are serving is wholesome, look for the circular mark of Federal inspection. It is put only on meat which has passed strict tests to ensure that only clean, safe meat reaches you.

This mark is applied by experts in the Consumer and Marketing Service of the U.S. Department of Agriculture. It must appear on all fresh meat and meat products that are produced for distribution across State lines.

For the most economical lamb cuts, the shoulder provides arm and blade shoulder chops which are just as tasty as, and often meatier than, the rib or loin chops. Cubes of shoulder meat also make excellent kebabs or stews.

The shoulder roast itself can be boned and rolled for easy slicing. Many meat packers are now boning and rolling both the leg and shoulder roasts and packing them in netting or tying them with cord. If such a package bears the USDA inspection mark, you can be sure that the netting used has been approved by C&MS officials.

A cushion for stuffing can also be made in a boned shoulder roast. This cut is often referred to as the cushion-shoulder roast. It is especially good when stuffed with a fruit—just add pineapple chunks or tidbits, cranberries or orange sections to your regular bread stuffing. Or,

use softened dried prunes and apricots for a real treat. Of course, herb, celery or mushroom stuffings are delicious, too.

The breast of lamb is another money-saving cut which is delicious when stuffed. It is also excellent for use in stews and curries, or braised with vegetables. Or have your butcher cut it into riblets or spareribs. These are very tasty when baked in a spicy tomato or barbecue sauce.

Neck slices or lamb shanks are other economical lamb cuts to keep in mind for stews, soups and braised dishes.

The mild flavor of lamb lends itself to all sorts of seasonings. Such herbs as basil, caraway seeds, ginger, marjoram, mint, oregano, parsley, rosemary, savory and thyme are especially good. And garlic is a natural. In addition, lemon juice, soy sauce, sour cream, mustard and Parmesan cheese can add a delightful new twist to lamb dishes and gravies.

For the gourmet, try your hand with some wines . . . dry red and white wines, sherry, Madeira or vermouth and brandy. Any one will add extra sparkle to your roast or lamb dish.

Tart jellies like currant or crab-apple and citrus fruits or cranberries make delicious glazes for roast lamb or chops. Tomato sauces are tasty additions to stews, braised

By
Nancy
Duckworth



ed in bacon can add variety to your dinner menus.

budget, too.

lamb and barbecued lamb.

And roast lamb with mint jelly or a mint jelly-glaze is an all-time favorite both in this country and Great Britain. For variety, make a barbecue glaze using mint jelly for either your indoor or outdoor cooked roasts and chops.

From the Middle East, where lamb is the chief meat, we have gained many tasty lamb dishes that have become popular with American gourmets . . . delicious marinated lamb chops or shish kebab, lamb pilaf, or lamb curry. Braised lamb and vegetables such as beans, cauliflower and eggplant are Greek and American dishes that are gaining in restaurant popularity.

To be in the know about lamb buying, you should learn what the labels on lamb mean. The first thing to check for is the round mark of Federal inspection. All lamb that is federally inspected and labeled "spring lamb" or "genuine spring lamb" has been marketed during the spring, summer and early fall. This is to differentiate this year's lambs from last year's late lambs. Lambs marketed over one year of age are sometimes referred to as mutton.

You may also find a specialty item around Easter or Christmas time. This is "hot house lamb." It is very young lamb weighing less than 40 pounds when slaughtered. Hot

house lamb is usually sold whole with the hide on.

Lambs graded USDA Prime and USDA Choice are of the highest quality . . . most of the Prime lamb goes to restaurants, while Choice-graded lamb is the more popular one in food stores.

The grade mark indicates the quality of the product while the inspection mark indicates wholesomeness. Grading is a voluntary service; inspection is a must for all products moving in interstate commerce.

Also notice the color of the lean meat the darker the meat the older the lamb when marketed. Milk-fed lamb (lamb which has never been weaned) will have a light pink lean. Spring lamb will have deeper-pink lean, while the average market lamb will have reddish lean. Also, the smaller the muscle the younger and more tender the lamb. The texture of the lean should always be fine and velvety.

The fat should be smooth, firm, white and rather "brittle" but with a waxy consistency. And the bones should be porous and reddish indicating a young animal.

The outer fat is covered with a natural reddish-pink parchment-like layer that is called the "fell." This helps keep the meat fresh and helps cuts retain their shape and juiciness during cooking. It is not necessary to remove this unless you are making stew or other meat mixtures.

In cooking lamb roasts use a 300-325 degree oven. Low temperatures reduce shrinkage, assure juiciness and tenderness, and retain the natural flavor.

If you like your beef rare or medium . . . you will probably prefer your lamb roasts and chops cooked to the medium stage. Lamb is more juicy and tender at this stage. In fact, it is so good when served with a delicate pink tinge on the inside that it is a shame to cook it beyond this stage. The most accurate way to determine the end temperature of your roast is to use a meat thermometer.

Because of its natural tenderness, lamb is ideal for outdoor cookery. Rolled leg or shoulder roasts, loin or shoulder chops, riblets, spareribs,

shanks, kebabs and lamburgers are favorites for the grill or rotisserie.

Lamb cuts which are equally tasty and tender when braised or cooked by moist heat are shoulder roasts and chops, breasts, riblets, spareribs, neck slices, briskets and shanks.

Remember—always serve lamb hot. And don't forget all those nutritious lamb variety meats. Lamb kidneys are tender and delicious when sauteed in butter with green onion and green pepper and then simmered in dry white wine. Or, try lamb heart sauteed in butter and then simmered in Madeira or steak sauce.

Like all other fresh meats, lamb should be stored either unwrapped or loosely wrapped in the coldest part of the refrigerator. Use it within a few days after purchase. Uncooked lamb can be stored in a freezer for 6-7 months.

Leftover lamb and gravy can be stored in the refrigerator for 4 or 5 days. It is ideal for making curry, creole or shepherds pie.

So remember to serve lamb often . . . and serve it with assurance when it bears the mark of Federal inspection. This mark is your symbol of protection provided by the USDA's Consumer and Marketing Service.

The author is a home economist, Labels and Standards Staff, Technical Service Division, C&MS, USDA.

Tropical Shish Kebab—juicy lamb rib chops basted with a spicy sweet-sour marinade.





Flour is one commodity usually donated to the hospital. Other typical donations are cornmeal, lard, shortening, and rice.

THE SPRAWLING GRAY building that overshadows the southeast corner of downtown Atlanta, Ga., symbolizes the difference between life and death for many of the city's residents.

This enormous building—better known to many as Grady Memorial Hospital—offers free or low-cost medical care to the needy people of the area.

And with Grady, as with any similar institution, a major problem of operation is the food service. The colossal main kitchen, which is approximately the size of a large gymnasium, houses all of the food preparation activities for the hospital.

Except for baby formulas, mixed and bottled on the maternity floor, everything is prepared in this one main kitchen and distributed to cafeterias and area kitchens throughout the hospital.

Nearly half of the meals for patients are special diets. In fact, the food that many of the patients eat help determine how quickly they recover or even how long they live. The diets run the gamut from the high-calorie for the undernourished to a very strict one for a kidney failure patient.

USING USDA-DONATED FOODS IN A CHARITY HOSPITAL

These foods "... make our task of meeting requirements for special diets much easier."

Despite the problems of large-scale preparation, Grady's food is good and is produced at a cost of about 80 cents a meal.

It is here that the Consumer and Marketing Service helps out.

According to Mrs. Eva Rutledge, Grady Hospital's chief dietician, the commodity foods given to Grady by the U.S. Department of Agriculture under a program administered by the Consumer and Marketing Service "add substance and variety to food served in the hospital and make our task of meeting requirements for special diets much easier."

The commodity foods are given to the hospital through the Georgia Department of Education, the State Agency responsible for distributing USDA-donated foods in Georgia.

The quantity the hospital receives is determined by the average number of needy patients the hospital serves each month.

Over the past year, this average has risen by about 100. Using this average figure, Mrs. Rutledge estimates a three-month supply, and sends the request to the State Department of Education. The foods are then shipped to a rail siding or location near the hospital, where they are picked up by hospital employees.

Typical of the commodities donated to the hospital are flour, cornmeal, lard, shortening, and rice. Occasionally, such items as butter, grits, split peas, dry milk, and fresh fruit are also available.

Once when the hospital received a large shipment of fresh plums, they were used in pies and other pastries, and then a quantity of them were frozen for enjoyment in the winter.

A tremendous volume of food passes through the Grady Hospital kitchen for its more than 650 patients.

For example, in one month, 850 quarts of skim milk, 4,000 pounds of margarine, 82,000 half pints and 1,500 quarts of whole milk are used.

Commodities on hand are inventoried closely. When it appears that all of one may not be used while it is in good condition, the State department of education is called and the leftover commodity is picked up for placement where it will be used.

Grady Hospital is also involved with the USDA-donated food commodities in its out-patient clinic.

The hospital employs a full-time dietician to work with diet patients before they go home and periodically thereafter. Since most of the patients are receiving USDA-donated foods, the dietician helps them to plan versatile ways to use the foods according to their dietary needs.

Referring to the USDA-donated foods that her patients receive, the dietician said, "If the patients are not taught how to use the commodities, many of them might go to waste. And above all, the diets I prepare may not be as effective."

Except for baby formulas, all the food is prepared in the hospital's main kitchen.



PLACE: A CITY IN THE Cotton Belt.
Scene: A cotton classing office containing an array of complicated instruments.

Action: A technician starts the instruments and begins the classing of cotton.

Time: The future? Yes, but not the unforeseeable future—because improved technology and a need for economy are rapidly leading towards mechanization in all phases of cotton marketing—including classing.

Two instrument measurements are now provided by the Cotton Division of the U.S. Department of Agriculture's Consumer and Marketing Service in its cotton classing program: color measurement with the colorimeter and micronaire readings by an air-flow instrument.

The colorimeter, a photoelectric instrument, has been in use for some time. It enables the cotton classer to make an objective check on his judgment of color—one of the important factors which, together with "leaf" (the amount of trash) and the "preparation" (ginning), determine how a sample of cotton will grade. This instrument "takes a look" at a cotton sample and gives a reading which indicates the exact degrees of reflectance and yellowness.

Another machine, an air-flow instrument, is used to determine the fiber fineness (and hence maturity) of the cotton—a measurement which cannot be determined with any degree of accuracy by a classer. The instrument subjects a cotton sample to standard air pressure, and the amount of air flow is indicated on the machine as a micronaire or "mike" reading. A fine-fibered, immature cotton causes more resistance to air flow, giving a low reading, while a coarse and mature cotton causes less resistance, resulting in a higher micronaire reading. Micronaire readings are now made for all cotton classed for farmers under the Smith Doxey Act—and are standard quality measurements in all classing offices.

Another important step of classification, which has so far not lent itself to mechanization, involves determining staple length. The skilled classer judges staple length through

Instrumentation Provides "Classier" Cotton

By S. C. Rademaker

As more advanced cotton classing instruments result in more efficiency and less waste in producing high quality cotton goods, consumers, producers, and marketing agencies will share the benefits.

both sight and touch by pulling out a typical portion of fibers from a sample and comparing it with the official staple types. While instruments have been developed which determine fiber length, they have not reached the point of being rapid or economical enough for use in classing.

Although only two instruments

The author is Director, Cotton Division, C&MS, USDA.

are now used in classing, more advanced instruments are available and are used in the cotton testing program—a fee-for-service program for seed breeders, farmers, buyers, millers and others who want more sophisticated measurements of cotton quality.

Some of the important qualities that can be determined by these instruments are:

Fiber strength—Basically, a ribbon of fibers of known length is broken and the breaking strength is determined.

Fiber length—A photoelectric device is used in determining this measurement, and information on the length-uniformity of the fibers in a sample is measured by a photocell and registered by the machine.

Foreign matter content—One machine, the Shirley analyzer, can make an almost perfect separation of lint and trash in cotton samples. This instrument is used in studying the amount of foreign matter in the cotton crop.

As instruments which determine these and other quality factors become perfected for more rapid and economical use, they will also become a part of cotton classing—because there exists in classing a need for more precise measurement of cotton fiber properties and a need for prediction of processing results before the cotton goes to the mills.

For example, mills making fine broadcloth for men's shirts need cotton of a precise and uniform staple length, with a high breaking strength—measurements determined more accurately by these devices. And as these instruments result in more efficiency and less waste in the production of high quality cotton goods, consumers will share in the benefits along with producers and marketing agencies.

Though totally instrumentized classing is still a dream of the future, today's use of many advanced instruments for quality determination shows that cotton classing is truly "riding the wave of instrumentation."

COTTON QUALITY SURVEY

The C&MS Cotton Division publishes an annual cotton quality survey, a report on fiber properties and spinning performance of cotton from all major commercial production areas in the U.S. The report on the 1966 crop will be issued in April.

CONSUMER AND MARKETING BRIEFS

Selected short items on C&MS activities in consumer protection, marketing services, market regulation, and consumer food programs.

SUPREME COURT UPHOLDS PACA ACTION

The U.S. Supreme Court has again upheld a U.S. Department of Agriculture order against a firm that has violated the Perishable Agricultural Commodities Act.

The latest case, arising after an investigation by USDA's Consumer and Marketing Service, involved a firm that made false accountings of its produce sales—resulting in underpayments to a number of shippers who had consigned the produce to the firm for sale. PACA requires those licensed to deal in fruits and vegetables to report their transactions truthfully and to keep complete records of their dealings.

USDA's Judicial Officer had suspended the firm's PACA license for 90 days pointing out in his order that the relationship of the firm to the shippers was "one of trust and confidence calling for a high degree of care, honesty, and loyalty and that the firm demonstrated a deliberate disregard of its obligations."

He further stated: "... we hereby give notice to the industry that in the future the flagrant disregard or breach of the standards of conduct imposed by the Act upon commission merchants, joint account partners, and others acting in a fiduciary capacity may well result in sanctions of revocations of licenses."

Originally imposed in June, 1965, the suspension was delayed while the case was being appealed, ultimately to the Supreme Court. The Court, in January 1967, denied the firm's petition for judicial review of the case.

The Supreme Court has in previous instances upheld PACA actions, by denying petitions to review the cases appealed.

One, in 1963, involved a firm which had repeatedly violated the PAC Act by shipping potatoes misrepresented as to grade. USDA had issued an order suspending the firm's license to trade. A 1952 case concerned a firm which had failed to pay about \$14,000 for shipments of produce purchased. USDA's order had called for a reparation payment.

LET'S HAVE TALO AND NA WASKUYECA WOYUTE

Let's have *Talo Ceonpapi Kaksak-sapi* or *Talo Wahanpi Agwap Yuskapi Icahi* for dinner tonight with *Aguyapsu Yukpanpi Skuyala* for dessert. All of these prepare easily and they are mighty tasty. And they can be made from foods donated to needy families by the U.S. Department of Agriculture.

The first dish is barbecued chopped meat, made with USDA canned meat, rolled wheat, and shortening, plus some civilian ingredients. It takes about 5 minutes to prepare and is savory and nourishing when served over hot steamed rice, hot cornbread, or homemade hamburger buns—all of which are or can be made from USDA-donated commodities.

The second dish is meat stew with dumplings. Again the principal ingredient is USDA-donated canned meat, and included in the recipe is USDA nonfat dry milk. The dumplings are made from USDA cornmeal, nonfat dry milk, and shortening, plus salt, baking powder, eggs, and water.

The dessert is rolled wheat cookies, which again feature USDA-donated commodities—flour, rolled wheat, nonfat dry milk, shortening, and raisins.

If none of these appeal to you, there are 9 other meat dishes, 8 other desserts, and recipes for cornbread, steamed rice, and *Wasna* (a combination of dried meat and choke cherries). The key ingredients almost invariably come from USDA-donated foods.

The recipes make up a little booklet, written by Lakota Na Wasicu which is called *Talo and Na Waskuyeca Woyute*—or *Meat and Dessert*. The chairman of the Oglala Sioux Indian Tribe and the South

Dakota Public Health Service, both in Pine Ridge, South Dakota, provide the booklet for Indians and others—especially those participating in the Commodity Distribution Program.

Compiling and distributing the booklet is a good example of Federal-local cooperation. The Federal Government, through USDA's Consumer and Marketing Service, makes the food available to benefit needy families. And local talent and enterprise devise ways to help recipients make the most of the USDA food they receive. This combination, which is also effective in other USDA food-assistance programs, is helping all citizens share in the Nation's agricultural abundance.

EGG CHEFS KEEP UP WITH EGG COOKERY

Ever wonder how chefs keep up with what's happening in the cooking world? In Missouri, the "show me" State, restaurant and institutional chefs were invited to keep up with what's happening in the egg world by attending Egg Chef Workshops in three Missouri cities, conducted by specialists of the Poultry and Egg National Board and the Missouri Department of Agriculture.

The workshops are part of a poultry and egg market development project carried on by the State's marketing division with funds matched by the U.S. Department of Agriculture's Consumer and Marketing Service. The C&MS Matching Fund Program is a cooperative self-help program designed to assist State Departments of Agriculture in providing service for more efficient marketing of agricultural products, from farm to consumer.

The chefs who attended the workshops are shown new products and methods of egg cookery, quality control, and how to extend the shelf life of eggs through proper storage.

They also learn how to gear egg purchases to take advantage of price spreads between sizes and grades, and ways in which they can take advantage of the special industry promotions of eggs.

Chefs who participated in the workshops later reported, in response to a questionnaire, that they now use more efficient methods of preparing eggs and that they have added egg recipes to their regular menus. Most of them reported an increase in egg purchases.

PLENTIFUL FOODS FOR APRIL

Thrift-minded food shoppers won't let April showers keep them from selecting the numerous plentiful foods which the Consumer and Marketing Service has listed for April. Foods in abundant supply generally mean favorable prices for the family food budget.

Heading the list for April are eggs, from springtime's big production. Following, in close order, are beef, frozen fish fillets and steaks, oranges, orange juice and grapefruit, and peanuts and peanut products.

C&MS suggests that eggs will not only be in generous supply, due to an expected larger laying flock, but also should sell at attractive retail prices. Housewives should keep plentiful beef on their shopping lists, too. Frozen fish fillets and steaks are currently in heavy inventory, resulting in lower prices. Fishery products are not only low in calories but also are excellent sources of protein, and highlight any menu.

Oranges are in record supply this year, and orange juice is another abundant and nutritious plentiful. And the bountiful production of grapefruit has not been equaled in something like 10 years.

Peanuts and peanut products continue in excellent supply, the 1966 crop having broken all records. It's also about a fourth larger than the 5-year average.

FOOD TIPS

—from USDA's Consumer
and Marketing Service

Because they have so little fat, *veal steaks and chops* are usually best if braised (cooked with moist heat). Large cuts, such as shoulder or leg, can be oven roasted if they are USDA Prime or Choice.

Prime and Choice veal is juicier and more flavorful than the lower grades of Good and Standard.

* * *

Split peas are more appetizing in any dish if they are of high quality. Some packages carry a USDA grade shield—assurance of quality. There are three numerical grades for split peas: U.S. #1, U.S. #2, and U.S. #3. The highest grade—U.S. #1—means that the peas have a better natural color and fewer damaged peas and stem bits or other foreign matter than the ones of a lower grade.

* * *

When you store *chicken* in your refrigerator, remove the original wrappings and cover loosely with waxed paper or foil. Poultry, like other raw meats, is very perishable and should be stored in the coldest part of the refrigerator. Use refrigerated (not frozen) poultry within two days.

Also, remove the giblets and store them separately—they spoil before the rest of the meat. Buy good quality broilers, fryers, and stewing hens—look for the USDA Grade A shield and the round inspection mark to be sure the chicken is wholesome and of high quality.

EAST MEETS WEST—over a school lunch

Japanese and U.S. school lunch programs have mutual goals—

and some major differences in operation.

THE AMERICAN TERM "SCHOOL LUNCH," has become a part of the everyday language of the people of Japan, just as the school lunch program has become a part of the everyday life of Japanese youngsters. So said Sen-e Moteki, head of the school lunch program for the Japanese Ministry of Education, during a U.S. visit last October.

While in the Nation's Capitol, Mr. Moteki met at the U.S. Department of Agriculture with his U.S. counterpart, Herbert D. Rorex, Director of the School Lunch Division, Consumer and Marketing Service. Mr. Moteki learned that the National School Lunch Program is administered as a grant-in-aid program of Federal assistance to the States. But while USDA provides substantial assistance in money, donated foods, and technical advice, operations within the States are under the direction of State educational agencies. Nationwide last year, Federal assistance paid 21 percent of school lunch program costs, State and local sources paid about 22 percent, and children's payments for lunch made up the remaining 57 percent.

Then, Mr. Moteki and a delegation of Japanese food industrialists active in their country's school lunch program toured elementary and high school lunch operations in Washington, D.C., Port Washington, N.Y., Chicago, and Los Angeles.

They got a first-hand view of some of the most up-to-date equip-

ment used today in school lunch kitchens and storage areas, and observed lunchtime at the schools.

Although Japanese food preferences and facilities differ from those in the United States, the purposes of the two school lunch programs are basically the same, Mr. Moteki remarked through an interpreter. Both programs are devoted to promoting better health for youngsters at school, better understanding of nutrition and better food habits and practices.

In the school lunch rooms, Mr. Moteki noted what the youngsters ate and the fast and efficient way they got their food and sat down at the tables.

He was curious about the lunches brought from home by those who didn't buy the school lunch. In Japan, he remarked, over 95 percent of the pupils in elementary schools participate in the lunch program—that means *all* the children in schools where a lunch program is operating. In the lower secondary schools, over 76 percent participate; and in the upper secondary schools, over 83 percent.

According to C&MS, some 19 million U.S. youngsters now get lunches at schools, or slightly more than one-third of the total enrollment. However, this represents more than 50 percent of the enrollment in schools where the program is operating.

Watching the busy teachers and school lunch employees, Mr. Moteki

said that in his country mothers and sisters of the children do most of the food preparation and serving. There is an average of only 3 Japanese lunch-program-paid employees for every 500 children served.

Asked what he regarded as a main difference between the programs of the two countries, Mr. Moteki pointed to U.S. schools' use of what he called a "dry process" in contrast to the Japanese "wet process." He attributed this to the extensive storage and refrigeration facilities available in U.S. schools, which permit a large volume of processed and packaged foods to be kept on hand for a considerable time.

In Japan, with storage space at a premium, no freezers, and often no refrigerators, most of the foods used must be unprocessed. Farmers and wholesalers deliver them daily to school kitchens.

On the day of Mr. Moteki's visit, the kitchens of the Port Washington, N.Y. schools were bustling with activity. Huge turkeys were cooking for the next day's lunch, while frankfurters, hot sauerkraut and baked beans steamed in great top-of-the-stove kettles, ready for the momentarily incoming pupils. Ready also were attractive dessert dishes of apple crisp, sliced bread and butter and half pint containers of milk.

By and large, the two countries observe the same basic nutritional pattern. Both require that the lunch served in school—known here as the "Type A" lunch—furnish about a third of the youngsters' daily food needs and that each lunch include a high protein main dish with vegetables or fruit, bread, butter or margarine, and milk.

In the United States, the lunch program is further supplemented by the Special Milk Program which provides additional milk for the children at reduced cost. Japan, on the other hand, has three types of feeding programs. In addition to the full meal and special milk programs, the schools furnish "supplemental

Children fill their lunch trays under the watchful eyes of Sen-E Moteki, head of the Japanese school lunch program, an Interpreter, and Mrs. Rose Fountain, Port Washington, N.Y. school lunch director.



meals" that round out foods provided from home.

The U.S. and Japanese lunch programs share the same basic requirements as to "need." Both insist on free or reduced prices for children unable to pay the full price of the lunch. In Japan, the children pay from 550 to 900 yen a month, or an average of 8 cents a lunch. The average lunch price under the U.S. program is about 30 cents.

Mr. Mateki cited another major difference between the two lunch programs—the use of central kitchens that serve whole groups of schools. In the United States, the central kitchen concept has only limited acceptance. Japan has 600 of these kitchens, although only two are in operation in Tokyo, the world's largest city.

Japan's school feeding activities grew out of efforts by a religious-charity group in 1899. The first official program, however, started in 1932 when the Government of Imperial Japan advanced the school lunch idea as a national policy. This program lasted until World War II.

Japan resumed school lunches in 1946—with the help of the Allied Occupational Forces. Wheat, nonfat dry milk, and other food donations from the United States helped to get and to keep this program going.

This postwar U.S. aid has proved to be a boon to the American farmer. Japan's school lunch program is now self-supporting and uses a full share of the millions of tons of American foodstuffs that Japan now buys each year.

USDA plays host each year to school lunch experts from many different countries; recent visitors were from Brazil, Algeria, the Phillipines, and Iran. Like Mr. Moteki, they come to see how food service operates in U.S. schools and what techniques might be applied in their own nations. They compare notes with U.S. school lunch workers on everything from Federal administration of the National School Lunch Program to the meal served in a remote rural school.

FOOD STAMPS for BETTER LIVING

The Food Stamp Program in terms of people

"... IT IS HEREBY DECLARED to be the policy of Congress, in order to promote the general welfare, that the Nation's abundance of food should be utilized . . . to safeguard the health and well-being of the Nation's population and raise levels of nutrition among low-income households."

These are some of the first words in the "Declaration of Policy" at the beginning of the Food Stamp Act of 1964.

Children who no longer "get up from the table still hungry" . . . a boy whose school work suddenly improves . . . the first-time enjoyment of munching fresh fruits. These and other scattered reports help to turn the "Declaration of Policy" into reality and to show that phrases such as "general welfare", "Nation's population" and "low-income households" have meaning only in terms of people.

It's expected that by the third anniversary of the Food Stamp Act in August, at least 2 million needy people will be enjoying the health, morale, and better living made possible by the program. By then, it will be operating in some 870 counties in 42 States and the District of Columbia. In each of these areas, and perhaps in each of the families taking part, there may be stories like these that have been gleaned from food stamp areas already operating:

Take, for example, an apathetic 11-year-old in Pulaski County, Ark., doing poorly in school and a source of worry to his teacher and his mother. Suddenly he becomes more alert. His attitude improves. His school work improves. The interested teacher calls on the boy's mother. No change in the home or the daily routines, the mother reports—except that she now buys food-stamp coupons and is therefore able to serve more and better food. "Now," says the mother, "the whole family has enough to eat, and the 11-year-old is at last getting as much food as he needs to be satisfied."

From Pittsburgh, Kans., a nutrition education committee reported this incident: An elderly recipient thanked the Food Stamp Program for making life more sociable. She can now have dinner guests after church since her food stamps help her to buy more and better food. And most of her guests reciprocate since they buy food stamps too. Thus, many food stamp users can enjoy the amenities of life without feeling that they are conspicuous or in any way different from other people.

Nutrition education committees, made up of local volunteers from nutrition or educational agencies are a part of C&MS' food stamp effort. They advise and counsel participants on meal planning and wise food buying, so the participants can make the most of their food resources and achieve better living. Such committees are sanctioned by the Food Stamp Act of 1964: "In addition to such steps as may be taken administratively, the voluntary cooperation of existing Federal, State, local, or private agencies which carry out informational and educational programs for consumers shall be enlisted."

Finally, a recipient's wife speaks for many others: "Prior to getting food stamps my children would get up from the table and tell me they were still hungry. There were times near the end of the month when we didn't have anything to eat. This worried me to the extent that I became ill and ran up a \$100 doctor bill. Now that we have food stamps, we always have plenty to eat, and the children can have fresh fruit or other foods whenever they want them."

For more information on the Food Stamp Program, write for PA-645, "Food Stamp Program—a method for sharing our agricultural abundance." Request it by number and title from the Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.

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OFFICIAL BUSINESS

A LITTLE EXTRA CARE

to make canned chopped meat a wholesome, nutritious and tasty product for millions of recipients.

A LITTLE EXTRA CARE GOES a long way. That's how officials of the U.S. Department of Agriculture's Consumer and Marketing Service felt when they designed the specifications for their canned chopped meat purchase program.

The almost four million persons currently receiving this product would have to look hard to find a product which is more wholesome, nutritious, and tasty.

Canned chopped meat—a mixture of beef, pork, and lamb—is purchased by C&MS for distribution to needy families. The care which goes into the preparation and distribution of this product is reflected in its good eating quality.

Many persons who receive the canned chopped meat are faced with both budgetary and nutritional problems. They simply cannot afford to purchase many necessary food items—meat in particular. Because of this C&MS takes special steps to make certain the canned chopped meat it distributes is as nutritious, flavorful, and wholesome as any product bought in a retail store.

The first step is the preparation of detailed purchase specifications. These specifications are designed by quality experts—C&MS personnel—who set forth the standards this product must meet.

C&MS personnel watch the preparation of this product from the hoof to the can. Each step is checked by meat inspectors and trained food quality technicians for compliance with the specifications.

The checking begins with the live

animals. All slaughter must be done in federally inspected packing plants to insure clean, wholesome meat.

When the meat is cut and trimmed, C&MS checks it to make sure undesirable material has been removed. The meat must be free from tough connective tissues, bruises, etc.

During the grinding and mixing process, canned chopped meat must measure up to rigid specifications on fineness of the grind, temperature of the meat, and the kinds and amounts of curing ingredients added.

Curing and flavoring ingredients are the only materials which may be added to canned chopped meat—and they are carefully controlled.

USDA's canned chopped meat has a long life because it is cooked at a high enough temperature to assure commercial sterilization. Unopened cans can be stored without refrigeration with no fear of spoilage. Naturally, they must be refrigerated once they've been opened.

The finished product is checked for quality and conformance with specifications before it leaves the plant and may be checked again when it reaches the distribution points. C&MS personnel take samples of the canned chopped meat and test it for color, appearance, and taste. They also check to see that the cans are not dented or damaged in any way that will affect the quality of the product.

To help recipients make good use of the canned chopped meat, C&MS, in co-operation with Agriculture Research Service laboratories, tests recipes using the meat in different

ways—a barbecue, for example, or a flavorful casserole.

From time to time, "fact sheets" are prepared giving information on nutritive value, suggestions for use, and—as soon as they have been tested and approved—new recipes. The fact sheets are sent to C&MS District offices and food distribution offices where they are made available to home economists and others who work with the recipients of the canned chopped meat.

Recipients will soon be given an illustrated flier (C&MS-43) on canned chopped meat. This will contain nutrition information and suggestions for ways to use the meat, in addition to the tested recipes.

When you put all that care into a product, it's nice to know you have satisfied users.

A mother of five in Mississippi sums it up, "I'm very thankful for the meat. My kids like it and I can fix it several ways. We don't have much money for food so getting good meat from USDA means more to us than most people know."

What better reason for taking a little extra care?

*The author is Roy D. McDonald
Assist. to the Chief, Meat Grading
Branch, Livestock Division,
C&MS, USDA.*

In the first half of fiscal 1967, 36.5 million pounds of canned chopped meat were donated to 3.6 million needy persons.